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The U.S. Navy offloads a Stryker onto the beach at Bellows Air Force Station as part of the joint-amphibious training to validate troop deployment readiness and amphibian capabilities.

Joint amphibious training improves unit readiness

Story and photos by STAFF SGT. CARLOS R. DAVIS 2nd Stryker Brigade Combat Team Public Affairs 25th Infantry Division

BELLOWS AIR FORCE STATION — As part of 25th Infantry Division's contingency response force (CRF) mission, Soldiers assigned to 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, demonstrated their ability to rapidly deploy at a moment's notice by working with the Navy and Marines, May 21.

The joint-amphibious exercise, Culebra Koa 2015, was designed to demonstrate the 2nd SBCT's capability of troop readiness to rapidly deploy Soldiers in the Pacific's area of responsibility for humanitarian assistance or combat operations.

"I believe this is the first time the Army has participated in joint-amphibious training with the Navy and Marines since World War II," said Capt. Winfield Swanton, commander, Headquarters and Headquarters Troop, 2-14th Cav. "By conducting this type of training, it demonstrates the Army's ability to deploy troops and their equipment using different platforms in support of the unit's mission."

According to Swanton, this realistic training showcases the brigade's ability to respond rapid-

'We are able to demonstrate that the Army is more than capable of conducting sea-basing operations. This training provides our troops with experience since normally this isn't offered in our doctrine," he said. "Our troops have the opportunity to work with different branches of service to validate our unit readiness and

ly and provide assistance in a moment's notice. train on equipment. This isn't normally available to them."

> By thinking outside the box, the 2-14th Cav. is able to meet the brigade commander's intent by maximizing its training to ensure its readiness is maintained.

"This is a once-in-a-lifetime training opportunity," said Sgt. 1st Class Sean Green, signal support system specialist, HHT, 2-14th Cav. Regt. 'This is something that is normally only conducted by the Marines and the Navy. However, we get the chance to gain knowledge and experience of different means of transporting equipment throughout the Pacific."

He added, "We loaded Strykers on the Navy's joint, high-speed vessel and the landing craft air cushion," Green said. "Being part of CRF, it's imperative that we learn how different branches of the service operate when it comes to accomplishing this mission."



A Navy LCAC pulls ashore at Waimanalo, May 21. The 2nd SBCT partnered with the Navy for the joint amphibious exercise Culebra Koa 2015.

LANPAC symposium draws to a successful close

Story and photos by STAFF SGT. CHRISTOPHER MCCULLOUGH U.S. Army-Pacific Public Affairs

HONOLULU - After three days of panels, exhibits and meetings between government and industry representatives, the third annual Land Power in the Pacific Symposium and Exhibition, held at the Sheraton-Waikiki Hotel, here, came to a close. May 21.

The three-day symposium provided an opportunity for multiple land-forces commanders from the U.S. Army-Pacific, Marine Corps Forces-Pacific, and Special Operation Command-Pacific, alongside joint and regional partners, to

discuss and showcase the critical role of Pacific land forces that extend over an area that spans nearly half the world's surface area.

While much was discussed between attendees, the focus of this year's annual event was on information assurance and cyber activities in steady state and contingency operations; leveraging science and technology in maintaining joint land force operational readiness; contingency preparedness-working with nongovernmental organizations and academia before and during crises; communications interoperabili-

See LANPAC A-3



A panel discusses topics like information assurance, cyberspace, technology and more during the third annual LANPAC, May 19. Joint operations, interoperable communications and contingency operations were also discussed during the three-day conference, which is a professional development forum sponsored by the AUSA Institute of Land Warfare.



U.S. Army Photo by Sgt. Marty Borton

Philippine and American engineers relocate low-hanging electrical wiring that was a safety hazard to the students at an elementary school, April 22, as part of exercise Balikatan. Citizen-soldiers of the 405th CA Bn., and the 367th and 372nd MPAD worked with the 2nd SBCT, 25th ID, during the deployment.

Reserve supports 25th ID at Balikatan

CAPT. MICHAEL MERRILL

372nd Mobile Public Affairs Detachment 99th Regional Support Command

FORT MAGSASAY, Philippines — The annual joint military exercises between the United States and the Philippines landed frontpage coverage on newspapers across the world, with images of amphibious landings and air assaults.

Nearly 1,000 Army personnel, mostly from the 2nd Stryker Brigade Combat Team, 25th Infantry Division, conducted joint training focusing on disaster response and combat operations.

The training exercises with the Philippine military are important for both nations' interests. A key requirement for maintaining close partnerships is ensuring that the civilian population of the host nation is supportive of the operation and informed of its military's activ-

ities to continue its support. Many of the units best had trained to en-

gage the civilian population with unique skills to engage the Philippine population. The Army Reserve was called upon to support the threeweek exercise.

However, while the amphibious and air assaults received most of the attention, many of the most vital and interesting transactions occurred with these support personnel, far from the limelight.

Members of the 405th Civil Affairs (CA) Battalion out of Pleasant Grove, Utah, engaged in several service events within the surrounding community. For example, a project at a local school installed running water to three classrooms, fixed dangerous power lines and repaired a wall to provide security. Also, a clean-up project of the shrine at Cabanatuan, once a Japanese POW camp where over 2,600 Americans died after the Bataan Death March and later the site of "The Great Raid,"

See BALIKATAN A-4

JOTC teaches survival skills

DoD News, Defense Media Activity

SCHOFIELD BARRACKS — On a hilltop nestled deep in the Wahiawa jungle, Staff Sgt. Jeff Bermudez reminded his students, laden with gear and rifles, that despite their imminent task to rappel down a 60-foot drop to flatter ground, they're lucky.

"A little while ago, it was raining, and this ground would've been slicker than goose grease," he told his trainees, who eyed the rope and small tree they'd soon rely on to buffer gravity.

Bermudez, a cadre instructor, teaches hasty rappel in addition to several other courses, including communications and how to counter improvised explosive devices, at the 25th Infantry Division's Lightning Academy Jungle Operations Training Center, which is almost two years old.

The rigorous, realistic, yet safety-focused training courses are open to both U.S. service members and Asia-Pacific partners, which cadre members said strengthens trust, increases cultural awareness and fosters teamwork among the different militaries.

Typically, the schoolhouse runs consecutive cycles with courses in session each month and separated by breaks ranging from a week to about 30 days, Bermudez explained.

But the objective for each class remains consistent, he said.

"We want the students to pull out of the course the skills needed to operate in a jungle environment," Bermudez said. "Everything that we teach here is relevant ... from basic skills to how to operate as a team."

See JOTC A-4



Air Force Staff Sgt. Chris Hubenthal, Defense Media Activity-Hawaii News

A Tropic Lightning warrior reacts to enemy contact. The 25th ID Lightning Academy's JOTC trains Soldiers on how to conduct operations proficiently in a jungle environment. Courses are open to U.S. service members and Asia-Pacific partners.



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FY 15-16 theme is 'Living the Army Ethic'

JOHN M. MCHUGH Secretary of the Army

GEN. RAYMOND T. ODIERNO Chief of Staff

DANIEL A. DAILEY Sergeant Major of the Army

On Oct.1, 2014, we began the FY 15-16 Army Profession theme, "Living the Army Ethic."

Our Army Ethic describes why and how we serve as American Soldiers and is embodied in the Army's motto: "This We'll Defend!'

Its focus is our shared identity as trusted Army professionals, Soldiers and Army civilians, who are bound by a common moral purpose.

All of us are volunteers, serving in the Army, which is a trusted, honorable profession. We contribute to the common defense of our fellow citizens and our national interest. By solemn oath, we bear true faith and allegiance to the Constitution.

The Army Profession" (ADRP-1) describes the essential characteristics of the Army Profession. As trusted

Army professionals, we affirm that the heart of the Army is the Army Ethic that shapes our culture of trust and accountability.

In the coming year, we will publish the Army Ethic in doctrine, affirming our purpose to preserve the peace and to win our nation's wars. This is why we serve.

Our Army's role as a component of the joint force is primarily in the domain of land power. Our enduring responsibility is to equip, train and be ready for a wide variety of missions, as directed by the civilian leadership and military chain of command.

We will maintain a strong culture of ethical service, trust and accountability in the accomplishment of our mission. This is the core of our ethos; this is how we serve.

The five essential characteristics of the Army profession define this culture and our service. We aspire to be honorable servants defending our liberty and American values. We demonstrate military expertise in accomplishing our

e aspire servants defending our liberty and American values.



mission in the right way. Leaders act as cred bond of trust, which is the bedrock responsible stewards, strengthening the profession while caring for Soldiers, civilians and resources. Our organizations exhibit esprit de corps as we persevere through adversity and overcome challenges. In this way, we reinforce our sa-

4. We He John M. McHugh

of our profession.

Army Strong!

Raymond T. Odierno General, United States Army

It's time again to prepare for hurricane season

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION News Release

It only takes one storm to change your life and community.

Tropical cyclones are among nature's most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you need to be prepared. Even areas well away from the coast-

line can be threatened by dangerous flooding, destructive winds and tornadoes from these storms. The National Hurricane Center issues

watches, warnings, forecasts and analyses of hazardous tropical weather.

Hurricane hazards. The primary hazards from hurricanes are storm surge flooding, inland flooding from heavy rains, destructive winds, tornadoes and high surf and rip currents.

While hurricanes pose the greatest threat to life and property, tropical storms and depressions can also be devastating. Flooding from heavy rains can cause extensive damage and loss of

Storm surge and winds. Storm surge has the potential to cause the largest loss of life in hurricanes. Since 1963, storm surge has caused nearly half of the deaths in the United States in tropical cyclones. Water, not wind, has accounted for nearly 90 percent of all tropical cyclone deaths in the U.S. dur-



Hurricane season 2015 is about to begin. Ask your safety officer about assembling an emergency kit.

ing that time.

Storm surge is dangerous because a mere six inches of fast-moving floodwater can knock over an adult. It takes only two feet of rushing water to carry away most vehicles, including large pickup trucks and SUVs.

The strong winds of a hurricane can also cause widespread destruction. Strong winds of a tropical cyclone can also cause dangerous waves that pose a significant hazard to mariners and coastal residents and visitors. When the waves break along the coast, they can **More Online** Need more info?

Vital resources to help you prepare include these:

·Hurricanes.gov, which provides critical hurricane advisories and marine forecasts.

•Weather.gov, for the latest forecasts for your part of the country.

•Ready.gov, for additional preparedness information.

•Coastal residents should go to their local emergency managers for evacuation zone information, which is typically available online. A county-by-county list of evacuation zone resources is available at http://flash.org/hurricane-sea son/evacuation-zones/Evacua tion Zone Identification Survey. •Army Hawaii service members

and civilians can find information on U.S. Army Garrison-Hawaii at http://local.nixle.com/us-armygarrison-hawaii-emergency-re sponse/.

•Download the Red Cross app at redcross.org/apps.

produce deadly rip currents - even at in case you are not together when you large distances from the storm.

What should you do to prepare for a hurricane? Get a plan. The most important step is to identify your hurri-

Do you live in an evacuation zone? If so, you need to plan on where you and your family would ride out the storm if told to evacuate. Most people only need to evacuate a few miles from the coast to avoid the dangers of storm surge.

Find a friend or relative that lives outside the storm surge evacuation zone and have a plan to ride out the storm with them. You should also establish a family communications plan

need to evacuate. Once a person understands this risk

for hurricane impacts, an appropriate disaster safety plan should be developed to help ensure an individual's and a family's safety. A disaster safety plan is a comprehensive plan that identifies all of the steps a family needs to take before, during and after a disaster to ensure maximum personal safety and property protection.

RELATED STORY

y challenge – to all reading this article – is to find out what it is you love to do. If

 Read about Emergency Supplies on page B-3.

FINTSTEPS in FAITH

Seek out and share what brings you joy and inspiration

CHAPLAIN (CAPT.) **CURTIS HULSHIZER**

8th Special Troops Battalion 8th Theater Sustainment Command

I never thought of myself as a musician; yet, over the past couple years, I have written nearly 20 songs.

I deployed to Afghanistan.

There was a simple acoustic guitar in the chapel facility just waiting to be played. I told myself I would not leave Afghanistan until I could play that guitar.

Whenever I had a spare moment, I would practice until my fingers couldn't take it any longer.

I remember, one very late night, something clicked. I was actually playing and singing a song. It felt like I was having a religious experience. It was amazing!

The next morning, I returned to the chapel to play the guitar - just to make sure that the night before wasn't

that deployment, I continued guitar practice and then experimented with song writing. The guitar has become a source of joy and inspiration for me.

What brings joy and inspiration It all started about two years ago when for you? For some, that question may be easy to answer. It might

be something like sports, exercise, music or working on your car. My challenge - to all

reading this article is to find out what it is you love to do. If you've found it, keep it up. If not, seek out things that spark your interest. Don't be shy to try

new adventures. It might be working with wood, writing or painting. Try many things, and you may discover a new hobby and learn new skills. When you do, don't keep it to yourself. Share it!

As much as I love playing my guitar and writing songs, I don't stop there.

vou've found it, keep it up. If not, seek out things that spark your interest.



An abandoned, beat-up,

6-string found at the FOB became a source of joy.

ning in Circles in Afghanistan." It the time my commander and I

> ployment. We ran a 2-

mile loop around our forward operating base and cov-

The songs I write are of the song with a faded picture of our FOB in the background. I believe that ple, one of my first meant a great deal to him; what gave me joy turned out to be something I can use to bless others.

My faith tradition teaches me that was written to we are to use our talents to serve othcommemorate ers. If we keep it to ourselves, we miss out on tremendous blessing. This might mean we invite others to join spent running us as we exercise our passion, teaching others how to do it or using our talents to serve others.

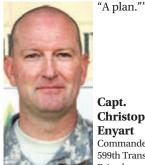
Never in my wildest dreams did I think I'd ever be a singer songwriter. As much as I enjoy playing my guitar, ered many. As a gift, I gave him a the joy I receive blessing others pales in comparison.

In support of Hurricane Preparedness Month

framed picture containing the words

What do you need in case of a hurricane?

By 599th Transportation Brigade



Capt. Christopher Enyart Commander, HHD 599th Transportation



nonperishable goods, cash in small bills, full tank of gas, ice, water, gas burner with propane."

"Batteries, radio,

Hulshizer

Neal James Logistics Chief 599th Transportation Brigade



foods, batteries, flashlights and bottled water, because the power goes out."

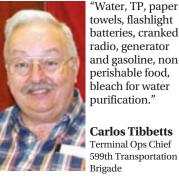
'Nonperishable

Sgt. 1st Class Juan Mendoza Logistics NCOIC 599th Transportation



"Waterproof matches in a baggy, cotton balls for starting fire, three days of MRE-type food."

Staff Sgt. Lee Patterson Cmd. Ops. Center NCOIC 599th Transportation Brigade



towels, flashlight batteries, cranked radio, generator and gasoline, nonperishable food, bleach for water purification." **Carlos Tibbetts**

Terminal Ops Chief 599th Transportation Brigade



Maj. Troy Frey, 94th Army Air and Missile Defense Command, speaks with Maj. Gladiuz Calilan (left) and Maj. Edward Canlas, Philippine army, about the command's LANPAC exhibit, May 19. The three-day conference is a professional development forum sponsored by the AUSA Institute of Land Warfare.



Angie Kershner, USARPAC, takes a selfie with Lt. Gen. Stephen Lanza, commander, I Corps. Lanza and other Army leaders came to participate in the third iteration of LANPAC.



Symposium attendees listen as Gen. Vincent K. Brooks, commander, USARPAC, provides the keynote speech.

LANPAC: 2015 symposium marks first senior NCO development

CONTINUED FROM A-1

ty in joint-combined contingency operations; partnerships with NGOs; and humanitarian assistance and disaster response.

This year's LANPAC also marked the first time senior enlisted leaders, led by Command Sgt. Maj. Bryant Lambert, USARPAC, included an exclusive senior noncommissioned officers panel focused on leadership development, training and educating

noncommissioned officers. Panelists included sergeants major from the U.S., Australia, New Zealand, Mongolia and Singapore.

"I'm confident what we heard this week is going to help us to inform our strategic endeavors and our common aims throughout the region," said Gen. Vincent K. Brooks, commander, USARPAC. "I think that common aim is simply to maintain security for our nations and to contribute to stability that leads to prosperity.'

The Land Power in the Pacific Symposium is a professional development forum sponsored by the Association of the United States Army Institute of Land Warfare. The international event leveraged the strategic location of Hawaii to bring together government and industry representatives from more than two dozen U.S. allies throughout the Indo-Asia-Pacific Theater.

Coverage of LANPAC can be found at http://bit.ly/1IO9Op2; on Facebook at www.facebook.com/USARPAC; and on Flickr at http://bit.ly/1dnRbLC.



Lt. Gen. Stephen Lanza, commander, I Corps, speaks at a LANPAC panel discussion.

Pacific proximity is important

Crisis response aims to "fight tonight"

AMAANI LYLE DoD News, Defense Media Activity

FORT SHAFTER — Natural disasters amplified by climate change, urbanization and the sheer vastness of the Asia-Pacific region are among many factors that have prompted leadership, here, to dub the area "the Ring of Fire," the deputy commander of U.S. Army-Pacific said in a recent interview, here.

Maj. Gen. James F. Pasquarette Command, other Soldiers, and also

said about 100,000 Soldiers are assigned to USARPAC and under its operational control, with 80,000 of them stationed east of the International Dateline in Hawaii, Alaska and the U.S. West Coast, and about 20,000 stationed in South Korea and Japan.

"We are risk-averse. We have to be there based on the North Korean threat, which is unpredictable," the general said. "We have to be ready to 'fight tonight,' so we are there ... with 8th Army, 2nd Infantry Division, 19th Expeditionary the Japan footprint, which is key to that operation.

When Army Gen. Vincent K. Brooks arrived as USARPAC commander two years ago, he moved part of the staff to South Korea to better support 8th Army and U.S. Forces Korea, Pasquarette said.

'Today we have about 25 to 30 staff officers and noncommissioned officers residing in Korea,"

Ready to "fight tonight." Pasquarette called the forward staff extension on the Korean Peninsula a prime example of USARPAC's commitment to being ready to 'fight tonight" and a bolstering of the command's posture to support potential issues in North Korea.

Crisis response calls for trained and ready forces to respond to events in the area of responsibility, the largest area of all U.S. combatant commands, the general said.

"We have the best-trained Army forces and Soldiers in the U.S. Army,

he added. He credited the Department of the Army for the compelling statistics and proven track record of Soldiers in

the Asia-Pacific region. Improving regional training centers. Other crisis response readiness objectives include US-ARPAC's plans to improve regional training centers, particularly at Pohakuloa Training Area, Hawaii; Yakima Training Area, Joint Base Lewis-McChord, Washington; Joint Pacific Alaska Range Complex; Joint Base Elmendorf-Richardson, Alaska; and Rodriguez Range,

"We want to develop those training areas over time and then better integrate them to conduct distributed operations at the joint and combined level," Pasquarette said.

USARPAC, he said, is also developing a Joint Pacific Multinational Readiness Capability, a deployable set that allows instrumentation and feedback for a training audience.

Pasquarette noted investments in Joint Pacific Multinational Readiness Capability, or JPMRC, will continue toward full operational capability in coming years.

'We want to do combined operations with other armies in their country, where they see a top-end training environment with feedback, observer controllers and ... after-action reports we believe assist in crisis response., Pasquarette said.

Peer-to-peer service to provide counseling

TERRI MOON CRONK

DoD News, Defense Media Activity

WASHINGTON — Starting this summer, the Defense Department will offer an additional counseling service to help military service members, transitioning troops and family members deal with a host of issues before they become crises.

al Guard and reserve service members, their families and veterans who are within 180 days of their military separation, Williams said.

A client can talk to a peer-to-peer counselor via Military OneSource, and if issues necessitate, clients can receive a warm hand-off to obtain up to 12 sessions with a clinical

ilitary OneSource wants to help people avoid a crisis." - Rosemary Freitas Williams Deputy Assistant Secretary of Defense for Military Community and Family Policy

Peer-to-peer support, which will be available through Military One-Source, will offer assistance from counselors who have at least a master's degree in the social or psychology field, as well as military experience to help with a host of issues, said Rosemary Freitas Williams, deputy assistant secretary of defense for military community and family policy, May 19.

Chat online or by phone.

With that level of education and experience, Williams said, peer support counselors can chat confidentially with clients and assist with any underlying issues that might be associated with someone's need to chat, online or by phone.

"For example, a military spouse might call in and request to speak to a military spouse because he is at wits' end over relocating," she said. During the conversation, the counselor might recognize underlying issues that can range from finances to relationship or employment problems, she added.

And because Military OneSource is the central one-stop service that offers military families a host of direct services, as well as information on a vast array of resources, it made efficient and effective sense to add peerto-peer support to its list of services, Williams said.

Counseling not new for DOD. Such counseling services are not a new concept for DOD. Vets4War-

riors currently provides peer-topeer support, and its contract runs out in August.

be available for active duty, Nation-

Peer-to-peer counseling will

counselor, per issue, per person, Williams added.

The proof of peer-to-peer support as an evidence-based approach to helping others has been well documented. Intuitively, it also makes sense, when people seek out a friend to talk to who's had a similar experience, because it can alleviate stressful circumstances, explained Dr. Keita Franklin, director of the Defense Suicide Prevention Office.

"The peer-to-peer approach gets after the issue at the earliest possible point of intervention, so folks who get help early get better quicker," Franklin said, noting the importance of getting service members and families peer support before a problem escalates.

Help for transitioning service members.

For transitioning service members who will soon re-enter the civilian sector, peer-to-peer counselors will offer their expertise during what might be a turbulent and life-changing time, Franklin said.

"Whether someone is getting out as a young person or is retiring after 20-plus years, it can be a stressful $\,$ time," she said. "So, for six months, veterans can phone Military One-Source and get help."

While peer-to-peer support is not a crisis counseling service, Military OneSource works with other organizations, such as the Military Crisis Line or the Veterans Crisis Line ,as necessary, Franklin noted.

Through peer-to-peer support, 'Military OneSource wants to help people avoid a crisis," Williams said. "We want to help now to avert it."



Photo courtesy 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Soldiers with the 95th Eng. train on controlled explosives while deployed to PTA for a monthlong mission and training exercise.



Photo by U.S. Army-Pacific Public Affairs

Maj. Gen. James F. Pasquarette (center), chief of staff, USARPAC, expresses gratitude for the sacrifice of Pangasinense veterans from World War II during the 70th Lingayen Gulf Landings commemoration.

HAWAII ARMY WEEKLY **A-4** | MAY 29, 2015

3rd BCT 'Broncos' complete training rotation at JRTC

Story and photos by SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs 25th Infantry Division FORT POLK, Louisiana - The

"Broncos" finished a grueling training

rotation at the Joint Readiness Training Center, here, Tuesday. In order to successfully complete the 10 days of decisive action training, the Soldiers of 3rd Brigade Combat

Team, 25th Infantry Division, had to work together with multiple units. "Being able to operate with different organizations pulling together is how

we are going to fight in combat," said Col. Scott Kelly, commander, 3rd BCT.

The training scenario was based on the organization's mission essential tasks list, and many of the exercises were mission rehearsals for actual operations the organization may be scheduled to conduct.

Brigade Chaplain (Maj.) Scott Kennaugh said it best in one of his services during the exercise: "JRTC is designed to be your hardest days in the military.'

Kennaugh added that it is designed that way so when Soldiers get deployed

they know what they have to do.

During the exercise, Soldiers on the ground encountered nongovernmental organizations, competing organizations, political parties, media, local police, paramilitary forces and insurgent military forces, both uniformed and non-uniformed.

When the exercise came to a close, each section and then the entire brigade received an after-action review (AAR) from the observer/con-

"The feedback that we receive is invaluable to helping the brigade im**Task Force Bronco**

JRTC is the Army's premier combat training center. It is one of the Army's three "Dirt" Combat Training Centers (CTC) resourced to train infantry brigade task forces and their subordinate elements in the Joint Contemporary

Operational Environment. The 100th Inf. Battalion (Hawaii and America Samoa);

Company B, 1st Bn., 21st Inf. Regiment; 2nd Stryker Brigade Combat Team; and the 84th Engineer Bn. were just a few of the units that joined together at JRTC.

prove on both the unit and personal level," said Kelly. Members of the Bronco Brigade are

expected to deploy this summer in sup-

port of Pacific Pathways, a partnership

exercise that employs the best-trained units in engagements and exercises with allies and partners to improve the quality of those exchanges, build capacity and achieve interoperability.



1st Sgt. Ron Schaedel, senior enlisted adviser, HHC, 100th Inf. Bn., engages reporter role-players. The brigade chaplain said, "JRTC is designed to be your hardest days in the military."



Col. Scott Kelly, commander, Task Force Bronco, speaks about the opening of a civil-military operations center with the role-player governor of fictional "Dara Lam" during an exercise at the JRTC, May 20.



Capt. Grant Stone, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

JOTC students use a poncho raft as they tactically maneuver down a river during the first phase

JOTC: Simple tasks pay great dividends

CONTINUED FROM A-1

He noted the need to learn survival techniques and methods that may protect others' lives in remote regions subject to extreme factors such as heat, humidity, dense foliage and sudden weather changes.

Value of training with partner nations

Since his involvement with the school, Bermudez said he has already traveled to Australia, where he completed a 10-week operations course, and Malaysia, to conduct a five-week jungle warfare course, which consisted of survival, combat tracking, classroom instruction and an overall field training exercise.

He also recently returned from the Philippines, where he participated in a three-day survival course the host nation's special operations forces conducted for the 25th ID and other partner militaries.

"That was informative and thus far the best survival training I've been through," Bermudez said.

Conversely, in the last year, the 25th ID Lightning Academy, also known as Tropic Thunder, hosted Malaysian army cadre for an exchange of ideas and best practices.

"The (Malaysian soldiers) do this on a daily basis, so they have more than enough information to pass on to us," Bermudez said. "Having them come down here was very helpful and much appreciated."

Even relatively simple tasks, such as rope tying, water procurement and campfire basics, can pay great survival dividends in an operational or humanitarian assistance environment, Bermudez said, noting the latter's particular relevance in light of Nepal's April 25 magnitude-7.8 quake and ensuing devastating aftershocks.

Bermudez said a maximum student capacity of 100 is what best facilitates clear, concise instruction and closer attention to students' grasp of the material.

Bermudez hopes to soon see the Lightning Academy become an accredited school, evolving into an even greater training venue.

Balikatan: Reservists help populace

alikatan means

common language spoken

on the island of Luzon.

"shoulder to shoulder"

in Tagalog, the most

CONTINUED FROM A-1

was completed.

The CA units also organized medical capabilities clinics using 2nd SBCT medical personby the Lions Club.

"I think the diversity and flexibility from our civilian skill sets helped us to get the job completed and have a positive effect on the local populace," said Sgt. Kelly Anderson, Signal, 405th CA Bn. "It was fantastic building rela-

tionships and friendships while leaving a lasting impact.'

The Army Reserve has placed an emphasis on filling its technical fields with experts in the private sector, bringing the best from the civilian and military communities to provide unique professional and trade career development. One of these unique development opportunities often includes working with

AFP (Armed Forces of the Philippines) counterparts was the only way we could accomcultural and societal norms to help us accom- total force."

plish our jobs," said Sgt. Alex Laumb, 405th CA Bn., who is serving in his third Balikatan exer-

"While in a small town, a group of small children were baffled by how pale I am, nel to provide more than 900 civilians with and kept trying to rub my arms and face," medical or dental screenings and treatment, Laumb added. "We were also surprised by and to distribute 200 pairs of glasses donated an impromptu chorus of children singing 'Let It Go'."

> Members of the 367th and 372nd Mobile Public Affairs Detachments partnered with the Public Affairs of the 2nd SBCT. Working with their AFP counterparts, they conducted two live television

interviews, two radio interviews, gave media tours of training and equipment, prepared subject matter experts for interviews, wrote news articles and took photos for publica-

One of the main goals of Public Affairs is to ensure transparency by allowing media maximum access to events and experts

"I think the Reserve component being part of Balikatan does a couple of things," said Col. "Working shoulder-to-shoulder with our David Womack, commander, 2nd SBCT. "First, it highlights the Army operating concept being put to use in the Pacific, and second, it enplish our mission. We trained them in conables us to do more to maximize our capacity. ducting assessments, and they trained us on And we really couldn't have done it without the

HAWAII ARMY WEEKLY MAY 29, 2015 | **A-5**

8th HRSC prepares for deployment to CENTCOM

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — When identified to support a mission to Kuwait, the 8th Human Resources Sustainment Center, 8th Theater Sustainment Command, coordinated training for more than 60 Soldiers to gain relevant knowledge from HR experts, an understanding of HRSC roles and responsibilities, and to reinforce relationships with strategic partners in the Pacific and Central commands.

"The 8th HRSC will provide comprehensive and expert theater-level human resource support to Army, joint and multinational forces deployed to the Central Command area of operations," said Sgt. Maj. Kelly Stransky, Plans,

During their deployment, the Soldiers of 8th HRSC will find themselves performing a variety of tasks, such as human resources planning, postal, casualty and personnel accountability, Stransky added.

To assist in their training, 8th HRSC got support from the U.S. Army-Pacific G1 and the 14th HRSC

at Fort Bragg, North Carolina, April 20-24, at the Mission Training Complex on Schofield Barracks. The support consisted of systems training, analysis and practical exercises while the subject matter experts from the units discussed their tactics, techniques and procedures specific to daily operations while deployed.

The training also consisted of master scenario event list tasks that challenged the Soldiers' doctrinal knowledge and technical systems skills and to consider theater-specific events.

Stransky said the training helped in validating the HRSC for its deployment, and it gave HRSC the opportunity to train with the unit they will be replacing when they deploy.

What's an HRSC?

A Human Resources Sustainment Center is a unit that provides theater-level support to plan, integrate and coordinate human resources assistance to service members in both a garrison and deployed environment.



Photo courtesy of 8th Theater Sustainment Command

Soldiers from the 8th HRSC, 8th TSC, receive human resource training before being deployed to support a mission in Kuwait.

Food services troops show compassion with 'Because We Care'

8TH THEATER SUSTAINMENT COMMAND

HONOLULU — Soldiers attending the Food Services Management Course (FSMC) chose to break the monotony of creating a standard PowerPoint presentation as their final assignment by doing something to benefit the local community, May 14.

These leaders created a project titled "Because We Care," where they spent more than two weeks planning and preparing for a charity event, here,

The Food Services troops provided the less ing to support the project donated a large fortunate people in the area with food, personal hygiene kits and clothing.

We wanted to do something that made an impact in the local community while setting a standard for other Soldiers," said Sgt. 1st Class Lynnette Elmore, 8th Theater Sustainment Command.

The group, consisting of Soldiers from 8th TSC and 25th Infantry Division, held a raffle that raised approximately \$1,000 used to purchase the items for the project, and people want-

amount of clothing.

"People donated clothes, shoes, blankets and jackets, ranging in sizes from adult t o children," said Elmore. "We gave these items, along with the items we purchased, to more than 250 people in need. We made personal hygiene bags that consisted of the basic essential items, such as soap, a toothbrush and toothpaste.'

Elmore wants to get dining facility Soldiers on island to do something similar once a month.

"It was awesome," said Elmore. "It also brought tears to my eyes, especially seeing the newborns. The people were so welcoming and thanked us."

For Elmore, one man's request really affect-

"A gentleman came up and asked if he could have one of the bins we carried the supplies in," said Elmore. "Moments later, we saw him fill the bin with water and give his children a bath with the items from the personal hygiene bag. This is something we really take for granted."

The team also brought items to those who

FSMC and "Because We Care"

The military presence on Oahu has increased to more than 1.3 million individuals who use the island's resources, schools and employment opportunities while taking advantage of the many leisure opportunities.

To demonstrate the military's appreciation of that hospitality, the FSMC Soldiers conducted "Because We Care" to support, give back and interact with the local community.

The FSMC trains senior food service leaders on food operations management functions for noncommissioned officers and advisers, how to perform garrison and field evaluations, effective briefing techniques and preparation of an action plan.

cannot walk

"This was a team effort, and it could not have happened without them,"said Elmore.



Photos courtesy of 8th Theater Sustainment Command

During the event at Aala Park, May 14, Soldiers provide food, personal hygiene kits and clothing for more than 250 community members. FSMC students created "Because We Care" as a way to give back to the local community.



Soldiers distribute food, clothing and hygiene kits for their FSMC class project, "Because We Care," in lieu of a typical slide presentation.

HAWAII ARMY WEEKLY **A-6** | MAY 29, 2015

MOTORCYCLE SAFETY MONTH

Safe motorcycling is about making the right choices

Safety Manager 311th Signal Command (Theater)

About half of all motorcycle accidents happen because of choices made by the rider.

That statement is pretty significant, as most riders, if asked, would rather not crash.

The numbers of accidents stay consistent over many years, and over several different acci-

So why is rider choice so important? Unlike car drivers, who may drive solely for transportation, nearly all motorcyclists ride for different reasons unrelated to the act of getting from point A to point B. These motivations may be one of the contributing factors to a crash.

Wearing a riding jacket, helmet and gloves, especially on a warm Oahu day, may get some strange looks. "All the gear, all the time" is the concept of wearing protective riding gear, no matter the temperature or the distance to be traveled. One never knows when something might happen. That tough jacket, helmet and gloves will slide on asphalt much nicer than skin.

The Motorcycle Foundation Basic Rider



FIle photo

Safety is no accident. Plan your ride in advance, whether it's a few blocks or around the island. Planning can give motorcyclists the edge needed to avoid an accident.

Course (BRC), taught to all Army motorcyclists, lists the four preps:

•Does your bike fit your body size and

- •Is your bike mechanically ready?
- •Is your riding gear ready?
- •Are you mentally ready?

Many riders leave home with one or more of these questions unanswered.

"I believe in personal conspicuity, being very visible to other drivers," said Tim Ah Young-Shelton, safety manager, 8th Theater Sustainment Command. "My license plate reads 'Ride Safe.' It's part of my mindset every time I ride my motorcycle."

Riders may be looking for an adrenalin rush, said Jack Hughes of the riders' group "Watch Out" and a safety speaker at the recent U.S. Army-Pacific's motorcycle safety ride.

"This can be a dangerous combination: someone seeking a thrill and riding a motorcycle capable of exceeding the speed limit by a factor of four times," said Hughes. "Every rider makes constant choices on whether to pass or yield, brake or gas it."

Choices include setting personal limits based upon the rider's skill level and desire to manage risk. Good choices leave a margin for error, and time and space to react to changing conditions.

Make good choices before riding. Consider

the route - what the weather might do and what the traffic may be like. This type of thinking sets an experienced rider apart from the thrill seekers. Get your head in the game before starting the motorcycle, and you'll find fewer surprises on the road.

The BRC teaches that motorcycle accidents are frequently caused by a combination of factors, and that many of these factors are under the control of the rider.

Taking positive control and making good riskbased decisions may break the chain of events leading to a crash.

As the saying goes, the choice is yours. (Editor's note: Maxwell is a master trainer of

rider coaches with 38 years in the saddle.)



Send announcement for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

USS Arizona — Due to safety concerns after the USS Arizona Memorial dock was struck while a tugboat was assisting the USNS Mercy in Pearl Harbor, Wednesday, visitors aren't being allowed to disembark at the memorial. Initial visual assessments show that the dock was moved 10 feet toward the memorial.

A small area of concrete was damaged where the dock's ramp joined the memorial. The dock's ramps and railings were also damaged.

The National Park Service anticipates that it will be several days until visitor access can be safely resumed. Visitors may board the Navy's white boats and travel to Battleship Row to view the USS Arizona from a distance.

The Pearl Harbor Visitor Center and the Pearl Harbor Historic Sites partners (the Battleship Missouri Memorial, Pacific Aviation Museum, and the USS Bowfin Submarine) all remain open. Over 5,000 people visit the Pearl Harbor historic sites daily. Of these, 4,350 can take the boat to view the USS Arizona Memorial.



TSP — Trouble with your Thrift Savings Plan password? You have two options: •Call 1-877-968-

3778 (404-233-4400 outside the U.S. and Canada), choose option 3 to speak to a Participant Service Representative, and request that your password be reset.

•Click the link on the login page. If you choose this option, your new password will be sent to you using via mail. Please verify that your address of record is correct before you request your new password.

1 / Monday

Exercise, Exercise — The garrison is currently conducting a full-scale hurricane/antiterrorism exercise at Schofield, Shafter and Fort Shafter Flats until June 5. June 1-4, expect to hear exercise alerts and announcements from the mass notification system, and read bulletins on the garrison website.

Always a Soldier — A 25th Infantry Division retirement ceremony to recognize those who served honorably will take place, 2 p.m., at Schofield's Sgt. Smith Theater.

4 / Thursday

Training — Equal Employment Opportunity will be conducting annual anti-harassment, EEO and No Fear classes for Army civilian employees/supervisors and military supervisors of civilian employees, today and June 5 at Tripler's Kyser Auditorium; at Schofield's Nehelani, June 16-17; and at Shafter's Hale Ikena, June 22-23. There are multiple one-hour class time slots to choose from. For times, call 438-4967/4963.

8 / Monday

PTAW — U.S. Army-Pacific will host Pacific Theater Army Week, June 8-12, ending with the 240th Army birthday commemoration at the Hilton Hawaiian Village beginning at 5 p.m. Visit www.himwr.com/specialevents/latest-news-and-special-events/com munity-news/1375-pacific-army-week to see events planned.

16 / Tuesday

FBTH — Virtually attend the garrison's Facebook Town Hall, 6-7:30 p.m. Participants can ask subject matter experts questions about installation services and programs. Log onto the "Events" tab at www.facebook.com/usaghawaii and input your question before the event to avoid the rush hour (and-a-half).

17 / Wednesday

Retirement Planning — From today through June 24, USACE, USPACAF, VA, Navv Federal Fire Department, HUD and NOAA host several CSRS, FERS and LEO retirement planning sessions. At all locations, registration is open. Register at honolulu-pacific.feb.gov/in dex.php?content=56&page=Events.

19 / Friday

MI CoC — A change of command ceremony for the 205th Military Intelligence Battalion takes place, 10 a.m., on Fort Shafter's Palm Circle. Lt. Col. James B. Cogbill will assume command from Lt. Col. Heidi A. Urben.

Ongoing

Noise — Got comments? Call the 25th Infantry Division Public Affairs Office at (808) 655-6354 regarding exercises and training. Call the U.S. Army Garrison-Hawaii Noise Concern Line at (808) 656-3487 to report noise concerns.



Traffic Report lists roadwork, construction, outages and noise advisories from the Army and the Hawaii Department of Transportation. Visit www.garrison.hawaii.army.mil/info/traffic

Unless specified, all area codes are 808.

Today

AMR Closure — There will be a lane closure between Aliamanu Drive (near main entrance guard shack) and Rim Loop, 8:30 a.m.-3:30 p.m., until June 5.

During this time, work will include asphalt pavement cutting and installation, traffic striping and marker installation.

VA News — A new nationwide initiative is designed to build upon its existing partnerships to grow the number of individuals and organizations serving veterans in their communities. Veteran Affairs is renewing its commitment to veterans and embarking upon a "Summer of Service" that seeks the help of citizens across the country to honor that commitment. Visit www.va.gov/opa/pressrel/pressrelease. cfm?id=2706.

30 / Saturday

Stopped Schofield Signal — There will be a four-way stop at the intersection of Lyman and Humphreys roads in order to replace the traffic signal wiring. The four-way stop will be in effect 7 a.m.-1 p.m. Traffic signals will not be operating during this time.

June

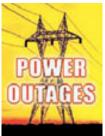
1 / Monday

Road & Roof — The portion of Schofield's Glennan Street fronting Bldg. 689 will be closed weekdays, 8:30 a.m.-5 p.m., from today until June 19, in order to reroof the building.

Closed Loop -Watch for flagmen during partial road closures along Fort Shafter Flats' Loop Road, near Bldgs. 1550 and 1558, for well abandonment. Loop Road, near the east coraccess today. Additionally, Loop Road, near the east cor-

ner of Bldg. 1558, will be restricted to one-lane access, June 2.

6 / Saturday



Outage rescheduled, major power outage will affect all of Schofield, Wheeler, East Range and Leileihua Golf Course. The outage is required to support Schofield Barracks' Castner Substation

Renovation Project.

FMWR buildings closed Saturday:

- •486/488 Martinez Physical Fitness Center. •557 Schofield Bowl.
- •560 Yano Hall-Library.
- •572 Warren Skills Development Center.
- •578 Richardson Pool. •582 Health and Fitness Center.
- •585 Tennis Courts Office.
- •589 Tropics.
- •645 Youth Sports Office. •910 Auto Skills Center.
- •1283 School Support Services.
- •2060 Nehelani.
- •2106 Outdoor Rec. Equipment Storage.
- •2110 Outdoor Recreation Complex.
- •3320 Leisure Travel Service.
- •9090 Bennett Youth Center. •9098 Bennett Child Development Center.
- •283, School Support Services, will also be
- closed; sometimes Saturday classes take place the building, but not today.

AAFES facilities to be closed follow:

- •694 Main Store and Food Court.
- •3320 Home Center.
- •364 Paradise Express.
- •2606 Popeyes/Burger King. •583 Sgt. Smith Theater.
- Dining Facilities to be closed follow:
- 2085, 2nd SBCT. •357, 3rd BCT.
- Call 656-3272.

SOLDIERS HAWAII ARMY WEEKLY MAY 29, 2015 | **A-7**



Photo by Tripler Army Medical Center Public Affairs

Dr. (Col.) Jeffery Greene, a TAMC adolescent pediatrician, does a health-screening check for a young child on Palau. Greene is deployed as the primary health provider for a civic action mission.

TAMC doc builds Pacific partnerships

Tripler Army Medical Center Public Affairs

REPUBLIC OF PALAU — The small Pacific island nation of Palau is known as a perilous jungle, full of reptiles and natural dangers, surrounded by stunning beaches and landscapes delivered on weekly network television through challenges and tribal councils in the hit television show "Survivor."

For Col. Jeffery Greene, a medical doctor and adolescent pediatrician at Tripler Army Medical Center, his three-month mission in Palau is about more than surviving; it's about influencing and promoting health to bring together cultures for lasting positive relationships.

"The majority of the patients that I encounter are Filipinos that traditionally view physicians with high regard," said Greene in correspondence. "Any service that I am able to provide is appreciated. They understand the role we play and pay us the utmost respect," Greene added.

This is nothing new for Palau residents residing just outside Camp Katuu, where Greene serves side-by-side with military engineers and residents.

"This mission has been recurring for over 30 years and has become integrated within the local culture. We are considered subject matter experts in our functional areas, and local agencies seek every opportunity to work with us, learn new skills and adopt programs to improve the current status within the community," Greene explained.

cal authority on the ground, dividing his time between U.S. service members and residents who cannot afford local health care.

"The engineers are tasked with various missions to improve infrastructure (plumbing, carpentry, road construction) from requests that are vetted, and if appropriately funded, approved," explained Greene.

"As the only medical officer, my primary duty is to the maintain health and conserve the strength of our working force. Secondarily, I provide health care to the local community, as well as assist with training to promote lifestyle modification and improve proficiency of ancillary services," he added.

These ancillary services in which Greene refers to, include passing on knowledge to residents in a formal, but hands-on apprenticeship program.

"An apprenticeship program offers the opportunity for local individuals to apply and work side-by-side with a specialist in an area of interest. I am even assigned an apprentice, Mr. Ulai Kinto, who is responsible for the triaging of patients and maintaining orderly flow during sickcall hours," said Greene. "Upon graduation from the program, his training will make him more competitive for employment as a nursing assistant, beginning at a higher wage than others who have not gone through the mentorship program, but seeking similar positions."

Greene has even taken his work outside the camp and onto the airwaves. On a weekly basis,

As the resident "doc," Greene is chief medi- he provides medical tidbits on a radio program that is well received by the community. This opportunity allows him to bring comprehensive health plans like the Army's Performance Triad (sleep, activity and nutrition) to the masses

"The primary focus of the radio show is to alert residents of identified medical trends, such as hypertension. However, the discussion of the Performance Triad on the radio has the largest listening audience, and perhaps motivates people to seek medical care, identify problems and make lifestyle modifications," said Greene. "Then face-to-face encounters with residents, as patients, can allow for motivational interviewing and promotion of behavioral change in terms of sleep, nutrition and exercise," he added.

While Greene is not in favor of Palau changing over completely to American medicine, he believes military medicine can build partnerships and improve quality health care.

"I believe medical missions to remote locations, such as the Republic of Palau, that are continuous and sustained, have the potential to improve the quality of care rendered by local physicians and other providers, and build trust and capacity with the community and with our American team," said Greene. "I do not think that we should take over the care, per say, but supplement what is available locally, identify health trends and offer funding to improve the health care system, one that can be trusted by the local populace.'





NUTRITION

Good nutrition is a cornerstone of improving your health, but there are so many conflicting nutrition



messages in the media it can be overwhelming. Don't know where to start? Feel-

ing confused by all the nutrition hype out there? We can help. Come see us in the

Tripler Army Medical Center Nutrition Clinic.

We have wellness visits open to all beneficiaries. Call for an appointment today at 433-2778.



A day to reflect upon the fallen unites a community

JACK WIERS Pau Hana Editor

SCHOFIELD BARRACKS - Almost 200 Soldiers, veterans, family members and community members gathered, Monday, for what was described in a previous year as a

solemn celebration of freedom . and a commemoration of those who have fallen, and those who have served." The Memorial Day Remembrance Ceremony at Schofield Barracks' Post Cemetery

Dawn Stirrings

pay respects.

Beginning at dawn, local chapters of the Boy Scouts and Girl Scouts began placing flags and ti leaf lei on

offered a time for reflection and to

each of the cemetery's 1,868 gravesites. Family members and friends began visiting individual sites at about the same time as the sun gave rise to a picture postcard perfect day in Hawaii.

One veteran who visited commented, "I have feelings when I come here. ... I lost good friends."

Veterans not Forgotten

That veteran was retired Sgt. 1st Class Don Cook. He offered those words in 2012.

He also said at the time, "I hope, after I pass, others will continue to remember the service and sacrifice from those who served in all wars."

Cook died in 2014.

Fellow members of the Military Order of the Purple Heart, along with

munity members have not forgotten. The attendance for this ceremony has grown dramatically in succeeding years.

Representatives of the MOPH, the American Legion, the Disabled American Veterans, and the Veterans of Foreign Wars all participated in the brief, but solemn military ceremony.

Each placed a flowered wreath under the flagpole and saluted, in respect to service members past and present, followed by a 21-gun salute and the playing of taps as part of the national salute.

Whether we simply pause, or visit a memorial, or toast the fallen, or comfort a survivor," said Col Richard A. Fromm, commander,

a growing swell of veterans and com- U.S. Army Garrison-Hawaii, "let each of us give a thought to those who, by their ultimate sacrifice, passed the torch of freedom.

> "May those of us who stand in defense of our nation continue to hold that torch high and carry it proudly in their stead," Fromm added.







Photos by Stephanie Gardin, U.S. Army Garrison-Hawaii Public Affairs

(At 1 & 2) Memorial Day 2015 at Schofield Barracks Post Cemetery features moments of ceremony and reflection, a 21-gun salute and the playing of taps as part of the National Salute; (3) remarks by Col. Richard A. Fromm, commander, U.S. Army Garrison-Hawaii, which reflected upon the history of Memorial Day dating back to post-Civil War America; and (4) the raising of the flag to the top of the flagpole accompanied by salutes, like Command Sgt. Maj. Louis C. Felicioni, senior enlisted adviser, USAG-HI. Throughout the morning, (5) family members and friends visited post cemetery gravesites. Attendees and participants included (6) the Veterans of Foreign Wars, the Disabled American Veterans and the American Legion.

Memorial Day engages all age groups

WAHIAWA — It's become a tradition, an annual collected effort symbolizing community service and patriotic pride that brings together civilian members of all ages for Memorial Day.

This effort begins with members of the Wahiawa Rainbow Seniors Club in the days and weeks prior to our national day of remembrance, and concludes with more than 100 Boy Scouts and Girl Scouts assembling



Stefanie Gardin, U.S. Army Garrison-Hawaii Public

More than 40 seniors with the Wahiawa Rainbow Club donated their time, May 22, to help make more than 1,800 memorial lei for the Schofield Barracks Post Cemetery.

at dawn at Schofield Barracks to place lei and American flags at each Schofield Barracks Post Cemetery gravesite on Memorial Day morning.

Senior Pride

This year's goal for the Wahiawa Rainbow Senior members: produce 1,868 lei by Friday, May 22, for mid-afternoon pickup by members of the U.S. Army Garrison-Hawaii Casualty Assistance Center.

Prior to pickup, almost two dozen seniors gathered each week during May to create basic ti leaf lei.

Rainbow Senior Vice President David Seeholzer said that using the sturdy and abundant ti leaf plants from the Wahiawa area provided an opportunity to work weeks ahead and allowed them to meet their quota.

When the club first began to participate, members crafted flower lei wreathes, but weather and market forces that supply the fresh flowers made the process too unpredictable.

By this final Friday, 48 club members "reported for duty" at the Wahiawa District Park Community Center for the final lei-making push. By that time there was already an estimated 1,400 completed, a significant sum made towards the final total.

"I had finished 276 ti leaf lei before I even got there (Friday)," said 86-year old club

member Richard Sato. Sato added that completing the job, with lei



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

Members of the Martin family, from left to right, Kevin Martin, Cub Scout pack 176; Crucis Martin, American Heritage Girl Scout Troop 50; and Joel Martin, Boy Scout Troop 176, join an estimated 100 area Scout members to place American flags and lei at Schofield Barracks.

to spare, "gave us a good feeling."

Scouts Honor

The garlands were delivered to the Schofield Barracks Post Cemetery early morning, Memorial Day, where approximately 100 members of the community's Boy Scouts and Girl Scouts' troops, along with family members, first gathered at 5:45 a.m., and then respectfully placed the wreaths and miniature

U.S. flags, at the gravesites.

Chief Warrant Officer 3 Tyson Martin of Headquarters and Headquarters Detachment, 25th Combat Aviation Brigade, 25th Infantry Division, has three members of his family in scouting, and all participated for a third time.

"(After a couple of years,) they have an appreciation for who these people were," said Martin, "and the sacrifices they have made."



Today

Hawaiian Luau Lunch Buffet - Enjoy delicious local style food every last Friday of the month from 11a.m.-1 p.m. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations or more information.

30 / Saturday

Strong B.A.N.D.S. Color Run - Join the first-ever paint race, beginning at 8 a.m. at the HMR fitness center parking lot. It features a 4-mile course that travels through paint showers and cheering fans.

Open to all DOD cardholders. Registration runs through May 27 at all MWR fitness centers. Costs \$19 and includes door prize eligibility. Call 655-8007.

Adventure into Kayaking — Outdoor Recreation will host you on a cruise on the Anahulu River on the North Shore. For the entire family, with equipment and instruction included. Fee is \$59/per person. Call 655-0143 to register by noon, Friday May 29.

June

6 / Saturday

Parents Night Out — South (FS/AMR) CYS Services offers Parents' Night Out to registered families in the military community, 6-11 p.m., June 6, at AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782). Reservations on a first-come, first-served basis at Parent Central Services at AMR, 833-

Movies on the Lawn — Enjoy a free movie, 7:30 p.m., SB Weyand Field. Bring your blanket, lawn chairs and snacks.

7 / Sunday

Hale Ikena Sunday Brunch — Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95/adults and varied children's prices. Call 438-1974.

8 / Monday

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95/per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at www.himwr .com/dining/kolekole-bar-agrill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ike



Photo courtesy of Blue Star Museums

Iolani Palace, home to Hawaiian royalty, is once again featured as a Blue Star Museum for service members.

Free museums this summer to DOD

SHANNON COLLINS

DOD News, Defense Media Activity

WASHINGTON — From Memorial Day through Labor Day, service members and their families can visit more than 2,000 museums in all 50 states, Puerto Rico and American Samoa, courtesy of collaboration among the Blue Star Museums, the National Endowment for the Arts, Blue Star Families and the Defense Depart-

Some of the local museums participating include the African American Diversity Cultural Center Hawaii and Lyon Arboretum at the University of Hawaii.

Something for everyone

Jane Chu, chairman of the National Endowment for the Arts, said the Blue Star Museums program has something for everyone.

"Parents of young children tell us that they go to museums to learn new things and have family time together," she said. "Blue Star Museums helps them do both, by helping military families learn about the cultural resources in their communities and offering a fun, highquality experience that's budget friendly, as well as family friendly.

The program

communities nationwide," she said.

"We're proud to help connect museums to military

The free admission program is available to any bearer of a Geneva Convention common access card, a DD Form 1173 ID card (dependent ID) or a DD Form 1173-1 ID card, which includes active duty U.S. military, National Guard, reserve, U.S. Public Health Service Commissioned Corps and up to five family members.

Some special or limited-time museum exhibits may not be included in this free admission program. For questions on particular exhibits or museums, contact the museum directly.

(Note: U.S. Army Garrison-Hawaii Public Affairs contributed to this article.)

More Online

To find participating museums and plan a trip, visit the Blue Star Museums website, arts.gov/blue

Also see arts.gov/national/blue-star-museums/ frequently-asked-questions.

Hawaii Participants

Hawaii-based Soldiers, retirees and families can enjoy these locations and others:

Iolani Palace

Iolani Palace is located in downtown Honolulu and is open Monday-Saturday from 9 a.m-4 p.m. To make reservations, call 522-0832 or 522-0823. Email palacetickets@iolanipalace.org.

Hawaii State Art Museum (HiSAM)

HiSAM is located on the 2nd floor of the No. 1 Capitol District Building, 250 South Hotel St., Honolulu. Admission is free at all times.

Museum hours are Tuesday through Saturday, 10 a.m.-4 p.m.

First Friday, the downtown gallery walk, held on

the first Friday of each month, is 6-9 p.m. (Galleries close at 8:30 p.m.)

The museum is closed Sunday, Monday and all state and federal holidays.

HiSAM has four galleries - the Diamond Head Gallery, the Ewa Gallery, the Sculpture Lobby and the Sculpture Garden.

The Lyman Museum

This museum, in Hilo, Hawaii, will be participating in Blue Star Museums. Its participation period spans May 26 through Sept. 5. Call the museum at (808) 935-5021.

The Lyman is a Smithsonian affiliate, located at 276 Haili St. in historic, downtown Hilo. It's open Monday-Saturday, 10 a.m.-4:30 p.m., except federal holidays. Visit www.lymanmuseum.org.

na/hale-ikena-lunch-buffet-menu.

9 / Tuesday

Magic Show — Doors open at 5:30 p.m. at the Nehelani for this night of mystery, fantasy and comedy. Dinner buffet included, 5:30-6:45 p.m., with the show from 6:45-7:45 p.m.

Cost is \$25/per person; \$10 for ages

4-10 and children 3 and under free. Make reservations at 655-4466/0660.

Ongoing

Youth Sports Track and Field — Practices are underway for track meets that will be held every Saturday in May at Stoneman Field. AMR/FS

practices are 5-6:30 p.m., Tuesdays and Thursdays; SB practices are Wednesdays and Fridays. Call 655-6465 (SB) and 836-1923 (AMR/FS).

Yoga Dance Class — Yoga Dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years at AMR and SB SKIES Studios.

community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com

30 / Saturday

Kolekole — The SB Kolekole Walking/Hiking Trail is open this weekend, Saturday and Sunday, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests. Note, do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use of the trail is permitted

only during open hours.

June 4 / Thursday

Golf Tournament — The 7th Annual Masonic Open tees off at 8 a.m. at the Royal Kunia Country Club and is open to the public. Money raised from the scramble format funds college scholarships. Registration deadline is May 30. Visit http://phglofhawaii.org/index.php?p r=Golf_Registration.

5 / Friday Picnic on the Pier — Battleship Missouri Memorial hosts, 5:30-8 p.m., live music, raffle prizes, tours of the Mighty Mo and an amazing view of the sunset over historic Pearl Harbor during its "Picnic on the Pier." Presale price is \$10; \$15 at the door. Call 455-1600, ext. 246.

First Friday Street Festival — Honolulu's Chinatown and the art district area nightlife come alive ev-

> ery first Friday of the month, 8 p.m.-2 a.m., with entertainment, food and activities. Sponsored by Arts District Merchant Association. Call 521-1812; visit www.artsdis tricthonolulu.com.

8 / Monday

takes place in June. All times are 9 a.m.-noon

•June 8-12, at Main Post Chapel, for 4-5 years old & K-6th grade. Call

•June 15-19, at HMR Chapel, for K-5th grade. Call 679-2092.

•June 22-26, at AMR Chapel, for 4-5 years old, and kids who have finished K-5th grade. Call 839-4319.

Vacation Bible School — VBS

12 / Friday

end Diana Ross makes her first-ever

concert appearance at Blaisdell Are-

Diana Ross Concert — Pop leg-

na, June 12 & 13. Tickets begin at \$45 at the NBC box office, 777 Ward Ave., Honolulu. Call (800) 745-3000 or visit www.ticketmaster.com.

16 / Tuesday

Facebook Town Hall — Submit your community-wide questions and concerns during the quarterly online Facebook Town Hall, hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., Tuesday, June 16, at www.facebook.com/us aghawaii, under the "Events" tab.

20 / Saturday

Ocean Fun Run — Run along the shoreline of the Pacific Ocean, up mountainous terrain, and even through swampy waters, 7 a.m., at the Surf & Turf 5K, June 20, at Marine Corps Base Hawaii. Registration information at http://mccshawaii.com/

Ongoing

Federal Survey Cards On Sept. 2, a Federal Survey Card will be distributed to every Hawaii public school student as part of the federal Impact Aid Program, which partially reimburses school districts that lose revenue due to the presence of tax-free federal properties. The card needs to be completed and returned to your child's school the very next day.

If you have questions on how to fill out the form, please contact your child's school or the Army School Liaison Office at 655-8326.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

The offices provide assistance on issues, including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims.

Also, notary services and powers of attorney are available. Visit SB Bldg. 2037 (655-8607) or FS Bldg. 330, Rm. 110C (438-2627).

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Calendar abbreviations 8th TSC: 8th Theater Sustainment

Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company

ASYMCA: Armed Services YMCA

CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

Aliamanu Chapel Fort DeRussy Chapel FD: HMR: Helemano Chapel Main Post Chapel,

Schofield Barracks PH: Aloha Jewish Chapel, Pearl Harbor

Soldiers' Chapel, Schofield Barracks TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

Buddhist Services •First Sunday, 1 p.m. at FD

•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Sunday services:

- •Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC,
- 8:30 a.m. at AMR -10:30 a.m. at MPC Annex
- -11 a.m. at TAMC •Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC •Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study •Friday, 1 p.m. at MPC Annex

•Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship Sunday Services

Pagan (Wicca)

- -9 a.m. at MPC
- -9 a.m., at FD, TAMC chapel
- -10 a.m. at HMR
- -10:30 a.m. at AMR -11:30 a.m. at WAAF
- (Spanish language) -11 a.m. at SC (Contemporary)

Liturgical (Lutheran/ Anglican) •Sunday, 10 a.m. at WAAF



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Furious 7

(PG-13) Fri., May 29, 7 p.m.



Home (PG)

Sat., May 30, 4 p.m. Sun., May 31, 2 p.m.

The Longest Ride (PG-13) Sat., May 30, 7 p.m.



Get Hard

(R) Thurs., June 4, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Zombie Apocalypse? DeCA has emergency supplies!

KEVIN L. ROBINSON

Defense Commissary Agency

FORT LEE, Virginia — The dead walk among us!

That's the premise of the zombie movies and television programs that are all the rage

It's also central to the "Preparedness 101: Zombie Apocalypse" campaign created by the Centers for Disease Control to help expand awareness of being prepared for any disaster natural, manmade or simply ghoulish!

As bad weather, and not so much zombie hordes, tends to be the source of the most recurrent and probable emergencies, the Defense Commissary Agency is keen on informing its patrons to prepare their survival kits by

taking advantage of their benefit. "If you observed the destruction wrought by that massive tornado in northern Illinois back in April, you understand the importance of being prepared for sudden power outages, disruption of water or the possibility of an evacuation," said Tracie Russ, DeCA's director of Sales. "An emergency can happen anytime, anywhere, and together with our industry partners, we are of-

our patrons need to be prepared."

fering savings on

many of the items

Preparedness package specials

Since April 1, DeCA's severe weather preparedness promotional package is offering various items at reduced prices until Oct. 31. This package includes the following items: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight

bags, weather-ready flashlights, tape (allweather, heavy-duty shipping and duct), first-aid kits, lighters, matches, lanterns, candles, hand sanitizer and antibacterial wipes. Specific promotional items may vary from store to store.

This preparedness emphasis parallels the peak activity for both tornadoes and hurricanes in the United States. The PaPublic Health Matters Blog

DeCA's website has all the basics of a proper emergency preparedness kit for nearly everything, including a Zombie Apocalypse.

cific hurricane season runs from June 1 through Nov. 30.

Supply kits

Emergency preparedness officials suggest having a disaster supply kit that includes the

•Water: at least one gallon, daily, per person (three-day supply for evacuation, two-week supply for home).

•Nonperishable foods: canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal,



crackers, cookies, energy bars, granola, peanut butter and foods for infants and the elderly (three-day supply for evacua-

Paper goods: writing paper, paper plates, paper towels and toilet paper.

•Cooking items: pots, pans, baking sheets,

•First-aid kit: including bandages, medicines and prescription medications.

 Cleaning materials: bleach, sanitizing spray, and hand and laundry soap.

•Toiletries: personal hygiene items and moisture wipes.

•Pet care items: food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags.

•Lighting accessories: flashlight, batteries, candles and matches.

•Battery-powered or hand-crank radio (NOAA Weather Radio, if possible).

•Duct tape, scissors.

•Multipurpose tool.

•Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies).

•Cell phone with chargers.

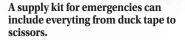
•Family and emergency contact information.

Extra cash.

•Emergency blanket.

•Maps of the area.

•Blankets or sleeping



For more information about preparing for emergencies, visit the following websites:

•www.nhc.noaa.gov/prepare/

•http://emergency.cdc.gov/ disasters/hurricanes/supplies.

•www.redcross.org/prepare/disaster.

•www.ready.gov/hurricanes.

For more on Zombie Apocalypse 101, go to the following website:

http://blogs.cdc.gov/publichealthmat

ters/2011/05/preparedness-101-zombieapocalypse/.



tion, two-week supply for home).

cooking utensils, charcoal, a grill and a manual

•Specialty foods: diet and low-calorie foods and drinks.



B-4 | MAY 29, 2015 HAWAII ARMY WEEKLY

Better Hearing and Speech Month suggests testing

DR. TOM HELFER

Army News Service

There are a number of causes for hearing loss.

Some of them involve temporary loss that can be treated with medication or surgery. Others are permanent and not treatable with medication or surgery, but may be mitigated with amplification (hearing aids).

The most common type of hearing loss in the military is noise-induced hearing loss, or NIHL. It's a permanent type referred to as sensorineural hearing loss (SNHL).

SNHL is due to damage to microscopic nerve cells in the cochlea, the end organ of hearing. NIHL is painless, progressive, permanent and preventable.

Exposure to steady noise above damage criteria (85 decibels) over a period of years can lead to NIHL. For example, weapons fire is referred to as impulse noise. Exposure to impulse noise above damage criteria (140 peak decibels) can cause sudden permanent SNHL. This means that firing a few rounds on a range without hearing protection can cause permanent bearing loss

By Army regulation, Soldiers are to be supplied with adequate hearing protection devices suitable for their operational environment. Soldiers also have freedom of choice as to the types of hearing protecting devices available to



Photo courtesy of Army News Service

Soldiers are required to have annual hearing tests for the purpose of monitoring their hearing readiness and maintaining adequate hearing to perform their duties.

them at no charge.

Since September 2006, Soldiers are required to have annual hearing tests for the purpose of monitoring their hearing readiness and maintaining adequate hearing to

perform their duties. These hearing tests also produce the outcomes metrics for monitoring progress in hearing loss prevention practice.

Since August 2013, the U.S. Army Public

Since August 2013, the U.S. Army Public

More Online

To learn more about hearing loss, hearing protection and how annual hearing tests help to keep track of hearing loss rates, visit http://phc.amedd.army.mil/topics/workplacehealth/hrc/Pages/RelatedSites.aspx.

Access reports at http://phc.amedd. army.mil/whatsnew /Pages/Periodic Publications.aspx.

Health Command has posted active duty Army NIHL surveillance reports on its Web page. The Active Duty Noise Induced Hearing Injury Reports contain detailed five-year data trends and analysis along with a set of summary tables detailing NIHL rates for injury groups, such as Armywide rates compared to DOD, occupation groups, age, gender groups and Army installations grouped by region compared to total Army.

The intent of these surveillance reports is to inform commanders and hearing loss prevention stakeholders of progress in preventing hearing loss.

(Note: Helfer is a hearing conservation consultant at U.S. Army Public Health Command.)

Checking quality of the air we breathe worth considering

KARLA SIMON

Army News Service

Some people may have cabin fever and cannot wait to go outside into the sunshine and fresh air.

However, before you take a few days off to bask in the sun, start a new habit of checking the air quality.

May is "Clean Air Month." As part of your transition into spending more time outdoors, check the state of your air first.

The American Lung Association has put together a report, "State of the Air Report," that uses data from air quality monitors located throughout the United States. This report shows that more than 131.8 million people, 42 percent of our nation, live where air pollution levels are often too dangerous to breathe.

Air pollutants are gases and tiny particles released into the air that cause serious health effects, such as cancer, or effects that are harmful to our environment.

Ozone (smog) and greenhouse gases (carbon dioxide, methane, nitrous oxide and fluorinated gases) are the better-known air pollutants. Other toxic pollutants include lead, nitrogen dioxide and sulfur dioxide. Then there

are the allergens, pollen and mold that also contribute to so-called "bad air."

Air pollution can cause respiratory symptoms: cough, wheezing, shortness of breath and chest tightness. Some people experience symptoms, such as chest pain, palpitations and unusual fatigue. Individuals with pre-existing lung conditions, such as asthma, bronchitis and emphysema, or with heart conditions, such as coronary artery disease and congestive heart failure, are more susceptible to the effects of

Those who have weakened immune systems and chronic illnesses, such as diabetes, or others who are generally unhealthy, are at risk, too. People who exercise and work outdoors, as well as children who play outside, are at higher risk.

air pollution.

The more you learn about the air you

breathe, the more you can protect your health. Consult the Air Quality Index (AQI) before planning outdoor activities.

There are six AQI categories (good, moderate, unhealthy for sensitive groups, unhealthy and very unhealthy) and six corresponding colors (green, yellow, orange, red, purple and maroon). Each category correlates to an increasingly less

air pollution.
Imagine the
AQI as a yardstick that runs
from zero to

healthy level of

500. As the

AQI value increases, the level of air pollution increases and the more concerned you should be about your health.

For example, an AQI value of 50 represents a day of good air quality with little potential to affect public health, while an AQI value over 300 represents hazardous air quality, and you should take precautions to protect your health.

There are ways to reduce your risk when air pollution reaches levels that are in the unhealthy range:

•Stay indoors on days that the air pollutions levels are high.

•Run the air conditioner to help stay cool and filter the air.

•Take your medicine, whether it's for allergies, asthma or any other chronic illness that may be triggered by the poor air quality.

•Delay using gasoline-powered lawn and garden equipment until air quality is healthy again.

•Refuel vehicles after dusk, when emissions are less likely to produce ozone.

(Note: Simon is an industrial hygienist at U.S. Army Public Health Command.)

More Online

Go to the AirNow website, put in your zip code or state, and get a grade for the air quality for your region: www.airnow.gov.

